

# Using Spice?

## Some harm reduction messages for you

1. Spice is illegal
2. Spice is addictive
3. There is no safe way to use Spice
4. Start with a very small dose
5. Try not to use Spice alone
6. Avoid using Spice with other Substances
7. Sit down before use
8. Try to smoke Spice with tobacco
9. Allow the effects to wear off before using more Spice
10. Be aware of the powders at the bottom of a bag

